

IV. Trainer's Agenda

The Ocean State Food Guide Pyramid

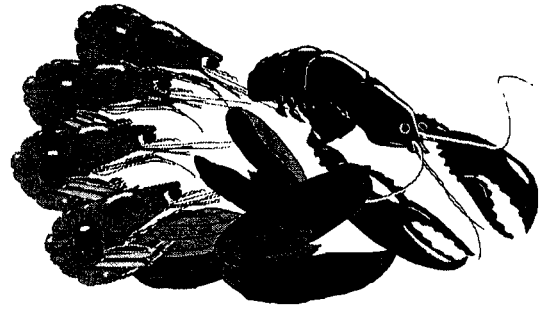
1. Welcome and introduce yourself to the group.
2. Ask the participants what they know about the **U.S.D.A. Food Guide Pyramid**. While you are discussing the food guide pyramid, pass out the "*Ocean State Food Guide Pyramid*" handout. Instruct the participants to form small groups to create their own version of the Ocean State Food Guide. In this activity, they should be focusing on foods native to the state.
3. Hang a few sheets of 2' x 3' paper around the room and provide markers for each group. Ask each group to copy their R.I. food guide pyramid onto the sheet of large paper.
4. Take a look at the pyramids. Compare the different pyramids, noting their similarities and differences. Discuss the foods that are native to the state. Take a look at the different cultural dishes that are mentioned. Examine the pyramids to see if the classifications of food groups are correct. Review the number of servings and serving sizes of the food groups.
5. Conclude the discussion of this activity by emphasizing the idea that by selecting food that is produced locally is a healthy choice because of the freshness and quality of the product.

Why Eat Locally Grown and Produced Food ?

1. Ask the questions "Why eat locally?"
"Why eat seasonally?"
Discuss the benefits of choosing locally produced food. Refer to information presented in the background section for ideas when discussing the economic and health benefits of choosing fresh produce.
2. Refer to the handout "*R.I. Grown Seasonal Availability Chart*." Discuss the produce that is available at different times of the year. Emphasize the nutritional value of selecting foods in season.
3. Discuss the concept of where you can buy fresh produce besides the local supermarket. Refer to the following handouts while talking shopping for fruits and vegetables.
 - a. R.I. Roadside Stands
 - b. R.I. Farmers Market
 - c. R.I. Apple Orchards
 - d. R.I. Grown Pick Your Own
 - e. Sweets of R.I. Honey and Maple Syrup
4. Before the workshop, read the handout "*R.I. Certified Organic and Transitional Organic Farms*." You can choose to discuss this topic in detail or just mention it briefly to the group.

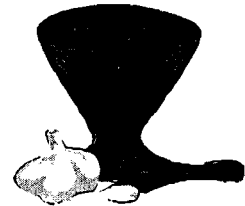
The Ocean State-Seafood

1. Read the handout "*Commonly Caught Fish and Shellfish*" before the start of the workshop. Refer the participants to the handout and discuss the different types of fish that are commonly caught off the coast of Rhode Island.
2. Refer the group to the handout "*Purchasing Seafood is Easy.*" Let the group know that there are certain characteristics that you look for when purchasing fresh fish.
3. Wrap-up this topic with the idea that selecting local fresh seafood is a healthier choice when compared to fish brought in from other parts of the country, because fish loses some of it's nutritional value over a period of time.



Demonstration

1. Select a recipe that you will demonstrate, or have some of the participants help prepare the food. The purpose of the demonstration is to show how seasonal foods can be used in a variety of interesting ways. Read "*Demonstration Tips*" found in the appendix.
2. Set up the demonstration area in advance with the cooking equipment and supplies you need to use.
3. You may want to prepare the recipe in advance and just show the preparation steps up to a point based on the time you have available.



Conclusion

1. Conclude the workshop by thanking participants for attending. Summarize highlights of the workshop, focusing on the idea of eating a healthy diet is easy when you use the food pyramid as a guide and choose local fresh foods.
2. Pass out evaluation forms and collect before participants leave.

